CLAIMS

I claim:

- A foot mobility aid, comprising:
 an elongate flexible strap having a pair of opposite ends; and
 a first of said ends of said strap being folded back over an
 adjacent portion of said strap and coupled to said
 adjacent portion of said strap to form a foot loop
 adjacent said first end of said strap.
- 2. The foot mobility aid of claim 1, wherein said flexible strap having has a generally rectangular transverse cross section and having a pair of opposite faces, and a pair of side edges extending between said ends of said strap.
- 3. The foot mobility aid of claim 2, wherein said strap has a length defined between said ends of said strap and a width defined between said side edges of said strap, wherein said length of said strap is greater than about 2 feet, wherein said width of said strap is greater than about ½ inch.
- 4. The foot mobility aid of claim 3, wherein said length of said strap is between about 3 feet and about 6 feet, and wherein said width of said strap is between about 1 inch and about 3 inches.
- 5. The foot mobility aid of claim 1, wherein a buckle detachably couples said first end of said strap to said adjacent portion of said strap.

- 6. The foot mobility aid of claim 1, further comprising a resiliently deformable pad being coupled to said strap in said foot loop.
- 7. The foot mobility aid of claim 6, wherein a hook and loop fastener detachably couples said pad to said strap in said foot loop.
- 8. The foot mobility aid of claim 1, further comprising a handle being coupled to a second of said ends of said strap.
- 9. The foot mobility aid of claim 8, wherein said handle is extended substantially perpendicular to said strap.
 - 10. A foot mobility aid, comprising:
 - an elongate flexible strap having a pair of opposite ends;
 - said flexible strap having a generally rectangular transverse cross section and having a pair of opposite faces, and a pair of side edges extending between said ends of said strap;
 - said strap having a length defined between said ends of said strap and a width defined between said side edges of said strap;
 - wherein said length of said strap is about 5 feet;
 - wherein said width of said strap is about 2 inches for optimal comfort for a user's foot and flexibility of the strap;
 - a first of said ends of said strap being folded back over an adjacent portion of said strap and coupled to said adjacent portion of said strap to form a foot loop adjacent said first end of said strap;

- said foot loop being adapted for extending the foot of a user therein such that the arch region of the user's foot is positioned in said foot loop;
- wherein a buckle detachably couples said first end of said strap to said adjacent portion of said strap;
- a resiliently deformable pad being coupled to said strap in said foot loop, wherein a hook and loop fastener detachably couples said pad to said strap in said foot loop;
- a handle being coupled to a second of said ends of said strap; and
- said handle being extended substantially perpendicular to said strap, said handle having a plurality of finger grooves.